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ABSTRACT

This textbook is designed to prepare college freshmen for their undergraduate career. Organized in 15 chapters the course introduces basic academic and study skills as well as suggestions for thinking about a career choice, and responding to the social challenges of campus life. Chapter One, "Keys to Success," discusses setting goals and the value of higher education. Chapter Two is "Time Management: The Foundation of Academic Success." Chapter Three, "Learning Styles," helps the student identify the many ways that learning can take place. Chapter Four, "Listening and Learning in the Classroom," reviews key skills for course success. Chapter Five, "A Sound Approach to Textbooks," reviews effective reading and study. Chapter Six, "Making the Grade," treats test-taking. Chapter Seven, "Professor and Student: Partners in Learning," discusses the importance of a personal connection. Chapter Eight, "An Information Age Introduction to the Library," discusses how to deal with information problems. Chapter Nine, "Writing for Success," shows how to ease into the role of writer. Chapter Ten, "The Liberal Arts and Critical Thinking," explains the role and importance of the liberal arts. Chapter Eleven, "Major, Career, and Academic Advisors," helps the student begin to plan ahead. Chapter Twelve, "The New Diversity," discusses women, minorities and the nontraditional student. Chapter Thirteen, "A Personal System of Values," defines values and looks at ways to discover them. Chapter Fourteen, "Person to Person," discusses assertiveness and developing relationships. Chapter Fifteen, "Wellness-More Than Just 'Okay'," covers nutrition, fitness, sexuality, alcohol and other drugs, and stress management. Additional readings are suggested for most chapters. Appendixes treat how to read a college catalog and money management (including financial aid). Also included is a glossary and an index. (JB)